

Speaker Notes

Title of Presentation: Issues Families Face When the Military Deploys

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- **Anger** – Why me? Why us? Why now?
- **Denial** – pretending it's not happening or avoiding the topic.
- **Anxiousness** – fear of unknown. What's going to happen? Children may ask: Who will take care of me? Will I still live in the same home & go to same school? Will my dad/mom come back?
- **Sadness** that the military member is gone
- **Resentment** that you are left behind to deal with things alone
- **Distancing** – partners may distance themselves from one another as a way of avoiding feelings and communication.

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